

# FRESH STRAWBERRY MILK

- \* 1 cup strawberries
- \* 1/2 cup sugar
- \* 1 cup water
- \* 1 + 1/2 cups milk



Wash your strawberries, pat them dry and remove the stem. A simple trick is to poke a drinking straw gently into the pointy end of the strawberry – as it slides through it will hit the stem and push it out.

Put two drinking glasses in the fridge – so they will chill and be ready for your milk.

Put the strawberries, sugar and water into a saucepan and let it boil for about 10 minutes. It will start to thicken and look a bit like strawberry jam.

With an adult helping because this is hot and sticky work, pour this 'jam' into a bowl or container, using a strainer. You just want the

syrupy liquid, not the strawberries. But save the strawberries – you could squash them and spread on toast or pancakes... or in yoghurt or a bowl of ice cream!

Get your glasses out of the fridge and fill them  $\frac{3}{4}$  with milk. Stir three tablespoons of your strawberry syrup into the milk. You can add more if you want it to be a little bit sweeter.

Enjoy your delicious home-made fresh strawberry milk!

Be careful and always make sure an adult is helping, or watching, when you are using stoves and hot cooking equipment.